

Faculty

Rick Meriwether, Project Coordinator
UAB ATEC, STD Program
AL-NC STD Prevention Training Center
meriwether@uab.edu

Objectives

- Define/ identify the following terms: HIV, AIDS, STI, CD4, viral load, window period, seroconversion, incubation period, occupational exposure, and universal precautions.
- Define the various levels of exposure, modes of transmission, and body fluids of concern regarding HIV.

Objectives

- Identify barrier requirements recommended by the CDC, ADPH, and OSHA for home health aides and home attendants assisting persons living with HIV.
- Discuss the process to follow when an occupational exposure has occurred.

Objectives

- Discuss caring for the patient with HIV/AIDS at home, ie, emotional needs, personal care needs, and house cleaning.

Food for Thought:

“There are no victims . . . because there has been no crime. There are no innocents . . . because there are no guilty. There is no blame . . . because there has been no intention to harm. There are only sick MEN, WOMEN, and CHILDREN . . . all of who need our help.”

*Comments by Douglas Shenson, MD
to medical students
University of Texas*

It's Natural to Fear What We Don't Know or the Unexpected, But . . .

- Knowledge/education is power and gives greater insight.
- Sometimes we have to face our personal feelings, prejudices, etc.
- “Prejudice is being down on something that you aren't up on.”

Points to Remember When Following a Care Plan:

- It is very important to involve the Person Living with HIV (PLWHIV) in her/his own care. It's their life and their infection.
- Discuss needs, feelings, what you are there to do and why: **COMMUNICATION** is critical to good care.
- Be **HONEST**.
- Be **OPEN**.

Occupational Concerns for Me As A Home Health Aide/Home Attendant

- As a Home Health Aide/Health Attendant, if I were to have a significant exposure to HIV, Hepatitis B or C; my greatest risk for infection would be with _____.
- My risk with HIV is less than ___% because it is very difficult to catch. Hepatitis B is almost nil due to the availability of vaccination.

Occupational Concerns for Me As A Home Health Aide/Home Attendant

- My risk of contracting Hepatitis C is approximately ___%.

How can you prevent exposure and minimize your risk?

- Assume body fluids (especially blood, vaginal secretions, semen and breast milk) are contaminated and infectious.
- Good hand washing technique.
- Personal Protective Equipment (gloves, mask, goggles, apron, etc.)

How can you prevent exposure and minimize your risk?

- Work practice controls.
- Educate yourself.
- Vaccination for Hepatitis B.

Exposure Risk

- Riskiest: deep stick with a hollow needle.
- Less Risky: small volume of fluid with a non-hollow needle and/or mucosal exposure/non-intact skin exposure.
- Risk very low or not identified: intact skin exposure or exposure to urine, saliva, tears, sweat, feces.

What to do if you do have an exposure

- **Needle stick/sharps:** wash needle sticks and cuts with soap and water, remove any foreign materials, if possible.
- **Non-intact Skin Exposure:** wash with soap and water or antiseptic.

What to do if you do have an exposure

- **Mucous Membrane:** flush splashes to the nose, mouth or skin with water, irrigate eyes with clean water, sterile saline.
- **NOTIFY your SUPERVISOR A.S.A.P.!**

Risk to Healthcare Workers

- The Centers for Disease Control and Prevention (CDC) reports that fifty-seven (57) health care personnel in the United States have been documented as having sero-converted (becoming infected) to HIV following well-documented occupational exposures.

Risk to Healthcare Workers

- Of the 57 cases, only 1 is identified as a Health Aide/Attendant by occupation.
- All of these cases were identified prior to the late 1990's.

**CDC Surveillance Report, 1987-2002*

Things To Do for the Health & Welfare of Your Client

- If you have any cuts or sores, especially on your hands, you must be very careful when working in the home. Wear disposable gloves appropriately.
- If you have cold sores, fever blisters, or any other skin infection, be very cautious with everything you do.

Things To Do for the Health & Welfare of Your Client

- Cover sores with a bandage and WASH hands.
- If you have boils, impetigo, or shingles . . . you shouldn't be around your client.

Laundry

- Clothes and bed sheets used by someone with HIV can be washed the same way as other laundry.
- Either hot or cold water can be used along with regular laundry detergent.
- If clothes or sheets have blood, vomit, semen, vaginal fluids, urine, or feces on them, use disposable gloves and handle the clothes or sheets as little as possible.

Laundry

- **USE BLEACH ACCORDINGLY . . .** mainly with whites and in a diluted form.
- A normal wash cycle will kill the virus.
- Clothes may also be dry cleaned or hand-washed.

Laundry

- Fabrics and furniture can be cleaned with soap and water or cleansers you buy in a store: **FOLLOW THE DIRECTIONS** on the packaging.
- Wear gloves while cleaning/washing.

Cleaning House

- Clean and dust the house every week.
- Clean tubs, showers, and sinks often; use household cleaners, then rinse with fresh water.
- Mop floors, at least once a week.

Cleaning House

- Clean the toilet often; use bleach mixed with water or a commercial toilet bowl cleaner.
- Consider cleaning urinals/bedpans with bleach solution after each use depending on circumstances. **REPLACE** plastic urinals and bedpans every month or so.

Cleaning House

- About 1/4 cup of bleach mixed with 1 gallon of water makes a good disinfectant for floors, showers, tubs, sinks, mops, sponges, etc. or 1 tablespoon of bleach in 1 quart of water for small jobs.
- Make new batch every 24 hrs. or so.
- Keep this, and all other cleaners/chemicals, away from children.

Food

- Someone with HIV can eat almost anything they want.
- A well-balanced diet with plenty of nutrients, fiber, and liquids is healthy for everybody.
- Preparing food for a person with HIV takes a little care, although one should follow these same rules for preparing food for anybody.

Food

- Don't use raw (unpasteurized) milk.
- Don't use raw eggs. **BE CAREFUL:** raw eggs may be in homemade mayonnaise, hollandaise sauce, ice cream, fruit drinks (smoothies), or other homemade foods.

ALL NATURAL ≠ 100% SAFE

All beef, pork, chicken, fish and other meats should be cooked well done with no pink in the middle.

Food/Cooking

- Don't use (eat) raw fish or shellfish (like oysters).
- Wash your hands before handling food and wash them again between handling different foods. (Avoid cross contamination.)

Food/Cooking

- Wash all utensils (knives, spatulas, mixing spoons, etc.) before reusing them with other foods. If you taste food while cooking, use a clean spoon every time you taste; do not stir and taste with the same spoon.

Food/Cooking

- Don't let blood from uncooked beef, pork, or chicken or water from shrimp, fish, or other seafood touch other food.
- Use a cutting board (avoid wooden) to cut things on and wash with soap and hot water between each food you cut.

Food/Cooking

- Wash fruits and vegetables thoroughly. Cook or peel organic fruits/vegetables because they may have germs on the skins. **AVOID**, if possible, organic lettuce or other organic vegetable that cannot be peeled, cooked or washed.

Food/Cooking

- A person living with HIV **DOES NOT** need separate dishes, knives, forks, or spoons. Their dishes don't need special cleaning.
- To keep food from spoiling, serve hot foods hot and cold foods cold. Cover leftover food and store it in the refrigerator as soon as possible.
- **REMEMBER** the twenty minute rule: bacteria can begin growing on food in as little as twenty minutes when left out.

Food/Cooking

- Refrigerate a bagged lunch within two hours of preparation. If you can't, store it with a cold pack.
- Put leftovers in the fridge promptly and eat or discard them within three to five days or within three days for fish.
- Your refrigerator's temperature should be 40 degrees F.

Wastes

- Flush all liquid waste (urine, vomit, etc.) that has blood in it down the toilet. Be careful not to splash anything when you are pouring liquids into the toilet.

Wastes

- Paper towels, sanitary pads and tampons, wound dressings and bandages, diapers, and other items with blood, semen, or vaginal fluids on them **CANNOT** be flushed should be placed in plastic bags. (HINT: if you don't have plastic bags handy, wrap the materials in enough newspaper to stop any leaks.)

Personal Hygiene

- Personal hygiene is especially important to an ill person. Simply having clean hair, clean teeth, and a freshly bathed body can make a person feel better.
- After checking with the medical team for any special precautions, file or cut fingernails and toenails.

Personal Hygiene

- If the PLWHIV can bathe or shower on their own, allow them their privacy. If they need assistance, follow the same procedures/rules you are to follow with any other client . . . regardless of their HIV status (Universal Precautions).
- If the mouth is not too sore, brush the teeth with soft-bristled toothbrush. Sore gums may be massaged with a clean, damp cloth or damp cotton swabs.

Emotional Support

- “No greater burden can be borne by an individual than to know no one cares or understands”.
- Talk with your client. Remember, you are assisting a person, not just a body; their feelings and opinions are important.

Emotional Support

- Pet ownership can be a real plus! Pet therapy is very beneficial for some people.
- Encourage the PLWHIV to keep up with any hobbies, interests, etc.

So, what’s the big deal?

- When all is said and done, remember:
“If it’s wet and sticky and it’s not yours, don’t touch it.”
- Don’t forget good old common sense when it comes to your assignment.

Sources

- Centers for Disease Control, HIV/AIDS Branch, www.cdc.gov/hiv
- The Body: The Complete HIV/AIDS Resource, www.thebody.com
- Southeast AIDS Training & Education Center, www.seatec.emory.edu